Catfish Tacos

Home Recipe

Serves: 7
Prep Time: 20 minutes
Cook Time: 30 minutes

Ingredients

- 2 lbs. small whole catfish fillets
- 1/4 cup evaporated milk
- 1/4 cup water
- 2 tsp. salt
- Black pepper, to taste
- 2 cup bread crumbs
- 2 Tbsp. vegetable oil
- 14 corn tortillas
- Fresh Salsa

Nutrients Per Serving: 2 Tacos

- Calories 304
- Total Fat 7.85 g
- Saturated Fat 1.77 g
- Cholesterol 76.69 mg
- Sodium 308.57 mg
- Carbohydrates 32.18 g
- Dietary Fiber 3.17 g
- Protein 25.92 g
- Calcium 142.16 mg
- Iron 1.63 mg
- Vitamin A 86.20 IU
- Vitamin C 1.01 mg

Cooking Instructions

1) Preheat a conventional oven to 500 degrees, 450 for convection. If you have small fillets leave them whole. Cut large fillets into smaller portions.

2) In a shallow dish, combine evaporated milk, water, salt and pepper. Dip the fish into the mixture, then into the bread crumbs, until thickly coated.

3) Place the fish on an oiled, shallow baking pan using half the oil, and drizzle with the remaining Tbsp. of oil.

4) Bake in oven, uncovered, for 10 minutes. When done fish will be brown and crispy on the outside.

5) Serve on a warm tortilla. Top each taco with 2 Tbsp. of Baja cream, pickled red onions and jalapenos, and salsa.

For More Information
louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.
**Baja Cream and Pickled Red Onion & Jalapenos**

Home Recipe

Serves: 8  
Prep Time: 15 minutes

**Ingredients**

**Baja Cream**
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 2 Tbsp. lime juice
- 1 tsp. grated lime peel
- Pinch of salt

**Pickled Red Onion and Jalapenos**
- 1 red onion, thinly sliced
- 2 jalapenos, thinly sliced
- 1 cup cider vinegar
- 2 Tbsp. lime juice
- 1/2 Tbsp. Kosher salt

**Preparation**

**Baja Cream**

1) Whisk all ingredients in a small bowl.

**Pickled Red Onion and Jalapenos**

1) Place onion and jalapenos in a heatproof medium bowl.
2) Mix vinegar, lime juice and salt in a small sauce pan. Bring just to a boil, stirring until salt dissolves. Pour over onions and jalapenos.
3) Let stand at room temperature for at least 1 hour. Then cover and refrigerate.

**Nutrients Per Serving: Baja Cream**

- **Calories** 50  
- **Total Fat** 3.96 g  
- **Saturated Fat** 1.25 g  
- **Cholesterol** 7.56 mg  
- **Sodium** 98.11 mg  
- **Carbohydrates** 3.41 g  
- **Dietary Fiber** 0.02 g  
- **Protein** 0.48 g  
- **Calcium** 17.49 mg  
- **Iron** 0.01 mg  
- **Vitamin A** 41.25 IU  
- **Vitamin C** 1.24 mg

**Nutrients Per Serving: Pickled Onions & Jalapenos**

- **Calories** 5  
- **Total Fat** 0.04 g  
- **Saturated Fat** 0.00 g  
- **Cholesterol** 0.00 mg  
- **Sodium** 1.79 mg  
- **Carbohydrates** 0.60 g  
- **Dietary Fiber** 0.31 g  
- **Protein** 0.15 g  
- **Calcium** 2.12 mg  
- **Iron** 0.07 mg  
- **Vitamin A** 31.28 IU  
- **Vitamin C** 7.61 mg

For More Information

louisianafarmtoschool@agcenter.lsu.edu  
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.